

Number of times the *Brahmavihāra Meditation Practice* vs *Mindfulness of Breathing* in Majjhima Nikāya suttas

The Buddha spoke of using the Brahmavihāra practice quite a bit more than using the breathing practice contrary what most meditation practitioners have been led to believe. The Brahmavihāra practice was taught by the Buddha, not as a side practice as most think, but as a primary practice to lead the meditator to the goal of awakening.

Researched: Majjhima Nikāya translated by Bhikkhu Bodhi and Ñāṇamoli – Wisdom Pub. 1995

Mindfulness of Breathing – (Ānāpānasati) — Four Suttas

*searched “mindfulness of breathing”

Found in Sutta No.

- #10 *Satipatthana Sutta*: The Foundations of Mindfulness
- 62 *Maharahulovada Sutta*: The Greater Discourse of Advice to

- 118 *Anapanasati Sutta*: Mindfulness of Breathing
- 119 *Kayagatasati Sutta*: Mindfulness of the Body

*searched “mindfulness of breathing”

Brahmavihāra Practice - 12 Suttas

- 7 *Vatthupama Sutta*: The Simile of the Cloth
- 21 *Kakactpama Sutta*: The Simile of the Saw
- 40 *Cula-Assapura Sutta*: The Shorter Discourse at Assapura
- 43 *Mahavedalla Sutta*: The Greater Series of Questions and Answers
- 50 *Maratajjamya Sutta*: The Rebuke to Mara
- 52 *Atthakanagara Sutta*: The Man from Atthakanagara
- 55 *Jivaka Sutta*: To Jivaka
- 62 *Maharahulovada Sutta*: The Greater Discourse of Advice to Rahula
- 83 *Makhadeva Sutta*: King Makhadeva
- 97 *Dhananjani Sutta*: To Dhananjani
- 99 *Subha Sutta*: To Subha
- 127 *Anuruddha Sutta*: Anuruddha

METHODOLOGY

Mindfulness of Breathing (Ānāpānasati -only once as a title)

*searched “mindfulness of breathing” 4 suttas

Brahmavihāra Practice - 12 suttas found

*searched “pervading one quarter”

also *searching "loving-kindness"
 *searching "abided in, pervading"

Eliminated where lovingkindness was used *in treating* someone with lovingindness etc. Not mentioned as a practice

(Note:the word Brahmavihara not found itself in the sutta text)

Note: There should be many more instances in the Samyutta Nikaya of the Brahmavihāras -- to be researched soon

David Johnson
Dhamma Sukha Meditation Center
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